

OLYMPIC WEIGHTLIFTING - OCT 2018

Week 3: 10/8 through 10/12

Day 1	Day 2	Day 3
pause snatch (at knee) 65/3 70/2 80/2 90/1 (2) 80/2 92.5/1 (2)	pause snatch (at knee) 65/3 70/2 80/2 90/1 (2) 80/2 92.5/1 (2)	pause clean (at knee) 65/3 70/2 80/2 90/1 (2) 80/2 92.5/1 (2)
pause clean (at knee) 65/3 70/2 80/2 90/1 (2) 80/2 92.5/1 (2)	snatch-grip push press 75+/5 (3) OR snatch balance w/ 3-count pause 75+/3 (3)	pause jerk 65/3 70/2 80/2 90/1 (2) 80/2 92.5/1 (2)
back squat 70/3 80/3 85/3 (2)	front squat 60/5 65/5 70/2 (6)	back squat 70/2 80/2 95/1 105+/1 (max out)
6 rounds 4-7 pullups, as strict as possible 4-7 dips, as strict as possible finish with 150 v-ups	for 10 minutes: 5 barbell press from split 10 high-hang Chinese pull finish with 100 hip extensions	50 offset good morning , switch halfway 50 dumbbell delt raise 50 box jumps, high finish with 50 GHDSU

1x/week athletes	2x/week athletes	3x/week athletes
do Day 1 (snatch and clean and/or jerk)	do Day 2 (snatch) and Day 3 (clean & jerk)	do Days 1, 2, and 3 (in order)

FOUNDATION BARBELL

Waves Pt 2: Strength & Squats